# BRAIN GYM® 170

# OCT 25 - PRO-D OPPORTUNITY



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### With Gayle Buchner, M. Ed.

### October 25, 2013

### 9 am-3 pm

### Tenth Street Campus

### 809 Tenth Street, Nelson Room P308

### $149 + GST

Brain Gym® 170 consists of movements that help facilitate ease learning. You will come away from this experiential/hands-on workshop with tools and knowledge to apply easily and immediately.

In this course, you will cover: **NOTICING** - a skill to observe what steps to take next, **7 FOUNDATION BLOCKS** - based on movements to aid growth and development, and **ADAPTING BRAIN GYM** - how to use with those that are challenged.

You receive a manual that is very easy to use. It is an introductory class to the 4-day course for Brain Gym®170. (Counselors can get 32 CEU credits for this course and it is pending for the one-day workshop as well.)

*Gayle comes from a teaching background and has used Brain Gym®170 since 1989. She has gone on to gain other knowledge to support this work and other modalities of bodywork. For more information, contact Gayle at gayelee@columbiawireless.ca.*

## To Register, call 250.354.3220. Visit selkirk.ca/ce.